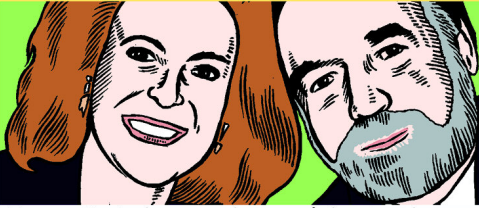


# JENNY CRAIG



Jenny Craig has much to celebrate these days. She and husband/business partner Sid celebrated their 25th wedding anniversary this year, they were recently inducted into the SBA Hall of Fame, and her autobiography has recently been published. And best of all, she's able to tell you all about it.

That may sound like a small thing, but this former spokeswoman has spent years learning how to speak again after losing the power of speech in a freak incident.



Sleeping on the couch one day in 1995, Craig was startled awake and her lower jaw snapped up over her upper jaw.



She was diagnosed with focal dystonia—involuntary muscle spasms—that, in Jenny's case, impaired her ability to speak. Her doctor said he'd seen people hit by baseball bats who had less severe muscle damage.

She and Sid still own 17% of Jenny Craig, but they sold the rest to an investment group in 2002. They're mainly consultants now, but Jenny (whose name is on more than 75 varieties of food) still does PR.



And Jenny still wants people to shed those pounds the right way.

I EAT CAKE AND FROZEN YOGURT TOO. BUT EVERYONE NEEDS TO MAKE A COMMITMENT TO HEALTH THROUGH PORTION CONTROL.

